

# Tijuana Flats

· Updated: Mar 11, 2024

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## STARTERS 7

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### Beefy Queso

Chips, signature gold queso, beef and tomatoes.

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### Chips + Guac

Includes Chips, Dips. Calorie range: 1010.

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### Chips + Salsa

Includes Chips, Dips. Calorie range: 720.

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### Chips + Queso

Includes Chips, Dips. Calorie range: 1060.

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### Nachos

Includes Toppings. Calorie range: 1090 - 1170.

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### Tijuana Trio

Includes Chips, Dips. Calorie range: 1070.

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### Atom Bombs

Includes Tortillas, Toppings, Sauces & Dressings. Calorie range: 1230.

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## ENTRÉES 26

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### Uno Enchilada

Includes Toppings, Sauces, Tortillas & Shells, Sides. Calorie range: 655-855.

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### Bangin Chicken® Tostadas

Includes Toppings, Sides, Tortillas & Shells. Calorie range: 930-1260.

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### Mexican Pizza

Includes Toppings, Tortillas & Shells, Sides, Sauces. Calorie range: 1020-1220.

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### Tostadas

Includes Toppings, Sides. Calorie range: 630-830.

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### Dos Enchiladas

Includes Toppings, Sauces, Sides, Tortillas & Shells. Calorie range: 920-1120.

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### Street Taco Trio

Includes Street Taco #1, Street Taco #2, Street Taco #3. Calorie range: 150 - 630.

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## **Street Taco**

Includes Tortilla, Choose Your Protein, Fillings. Calorie range: 150 - 630.

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## **Bangin Chicken® Tacos**

Includes Fillings, Tortillas, Sauces & Dressings, Sides. Calorie range: 930 - 1260.

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## **Bangin Chicken® Salad**

Includes Fillings, Shells, Sauces & Dressings, Sides. Calorie range: 930 - 1260.

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## **Bangin Chicken® Bowl**

Includes Fillings, Select Your Choice Of Rice, Select Your Choice Of Beans, Sauces & Dressings, Sides. Calorie range: 930 - 1260.

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## **Salad**

Includes Base, Protein, Fillings, Salad Dressings, Sides. Calorie range: 430 - 450.

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## **Uno Taco**

Includes Proteins, Tortillas & Shells, Beans, Toppings, Sides. Calorie range: 150 - 170.

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## **Garlic Lime Shrimp Tacos**

Grilled shrimp, grilled poblano peppers and onions, corn salsa, garlic lime sauce, cojita cheese, cilantro cabbage, and pickled red onions on two soft taco shells.

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## **Bangin Chicken® Quesadilla**

Includes Fillings, Tortillas & Shells, Sauces & Dressings, Sides. Calorie range: 930 - 1260.

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## **Double Stack Tacos**

Includes Taco #1, Taco #2, Tortillas & Shells, Toppings, Sides. Calorie range: 540 - 1060.

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## **Cheesy Steak Flautas**

Includes Fillings, Tortillas & Shells, Toppings, Sides. Calorie range: 1590.

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## **Garlic Lime Shrimp Bowl**

Includes Choice Of Rice, Fillings, Sauces, Sides. Calorie range: 550 - 960.

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## **Taco Take-Home Meal Kit**

Includes Fillings, Tortillas & Shell, Toppings, Sides. Calorie range: 3200-4550.

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## **Burrito Take-Home Meal Kit**

Includes Fillings, Tortillas & Shell, Beans, Toppings, Sides. Calorie range: 3930-4960.

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## **Burrito**

Includes Fillings, Beans, Tortilla, Rice, Toppings, Sides. Calorie range: 520 - 530.

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## **Dos Tacos**

Includes Taco #1, Taco #2, Choose Your Tortillas, Sides. Calorie range: 360 - 640.

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## **Chimichanga**

Includes Choose Your Protein, Additional Fillings, Tortillas, Toppings, Sides. Calorie range: 920 - 1180.

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## **Quesadilla**

Includes Fillings, Tortillas & Shells, Toppings, Sides. Calorie range: 420.

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## Flautas

Includes Fillings, Tortillas & Shells, Toppings, Sides. Calorie range: 1260.

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## Bangin Chicken® Burrito

Includes Fillings, Tortillas & Shells, Sauces & Dressings, Sides. Calorie range: 930 - 1260.

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## Bowl

Includes Base, Beans, Fillings, Toppings, Sides. Calorie range: 330 - 350.

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## SIDES 9

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### Mexican Rice

Includes Sides. Calorie range: 150 - 350.

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### Pico De Gallo

Includes Sides. Calorie range: 30 - 60.

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### Corn Salsa

Includes Sides. Calorie range: 50 - 90.

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### Fresh Red Salsa

Includes Sides. Calorie range: 40 - 60.

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### Gold Queso

Includes Sides. Calorie range: 270-400.

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### Guac

Includes Sides. Calorie range: 180 - 350.

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### Cilantro Lime Rice

Includes Sides. Calorie range: 140 - 210.

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### Refried Beans

Includes Sides. Calorie range: 60 - 110.

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### Black Beans

Includes Sides. Calorie range: 60 - 110.

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## DESSERTS 3

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### Chocolate Chip Cookies

Includes Item. Calorie range: 380.

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### Churro Fries

Includes Item. Calorie range: 850.

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### Cookie Dough Flautas

Includes How Many Do You Want?, Dips. Calorie range: 750 - 1410.

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## DRINKS 5

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## **Coke**

Includes Fillings. Calorie range: 0-280.

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## **Diet Coke**

Includes Fillings. Calorie range: 0.

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## **Sprite**

Includes Fillings. Calorie range: 160-260.

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## **Dasani**

Includes Fillings. Calorie range: 0.

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## **Apple Juice**

Includes Drink. Calorie range: 80.

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## **LIL' LIZARDS** 4

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### **Kids Burrito**

Includes Fillings, Tortilla, Toppings, Sides. Calorie range: 330 - 470.

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### **Kids Taco**

Includes Fillings, Tortillas & Shells, Toppings, Sides, Drinks. Calorie range: 170 - 320.

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### **Kids Chicken Nuggets**

Includes Entree, Sides. Calorie range: 460.

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### **Kids Quesadilla**

Includes Fillings, Tortillas & Shells, Sides. Calorie range: 420 - 570.

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